INTEGRATING SEL IN A DISTANCE LEARNING WORLD

Best practices for integrating social-emotional learning are not limited to the physical confines of a school building. Research-supported best practices for promoting social-emotional learning in the classroom can be translated to a distance learning environment as well.

All six components of TransformEd’s SEL Integration Approach remain relevant in the unique context of learning in a physically distanced world. At a time when so much is unpredictable, inconsistent, and outside of an educator’s “circle of control”, the practices outlined here channel energy into tangible ways to be responsive and supportive in a complex time.
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RESOURCES

Conducive Environments

- Maintain consistency and predictability as much as possible by continuing routines:
  - Crew
  - Advisory
  - Morning Meeting
  - Providing suggestions for schedules
- Create a class or family charter to establish norms for a safe, supportive and successful virtual environment

Teachable Moments

- Discuss current events and the ways in which social emotional skills and topics are showing up in the world, at any age
- Incorporate discussion prompts into reading assignments for families to engage in supportive conversations
- Encourage discussion around podcasts (The Imagine Neighborhood) or movies that address social emotional topics

Practice Opportunities

- Integrate self and social awareness by incorporating gratitude practices
  - Elementary
  - Middle/High
- Build in Brain Breaks to encourage healthy activity and emotional regulation
  - PureEdge videos
  - Breathe, Think, Do
  - Get Movin’
  - Body Scan
- Assign journaling to promote self-awareness, self-reflection, processing of emotions, and as a mode of connection
- Encourage students and families to PLAY!

Strong Relationships

- Track connections to maintain consistency and highlight any students who are particularly vulnerable or isolated through systems:
  - Relationship Mapping
  - Quick planned check-ins
- Use technology to maintain connection & communication through “show & tell” or simple shares:
  - Padlet
  - Flipgrid
- Foster connection through academic assignments:
  - Remote Book Clubs
- Promote positive family connections through assignments:
  - Family Interview
  - Oral History Project

Explicit Instruction

- Have students create a Toolbox of Care
- Teach lessons on health & wellness
- Integrate SEL with literacy by reading, writing, and discussing with Newsela SEL articles
- Assign lessons explicitly focusing on social emotional content; EQ in Your PJs

Thoughtful Modeling

- Model and normalize the naming and processing of emotions through check-in
  - Roses & Thorns
  - Daily virtual check-in
  - Mood Meter
  - MS/HS Google Forms Survey
- Share ways you are caring for yourself during this time and try these strategies to manage your own emotions
- Set and maintain boundaries using the when/then strategy